



## Track and Field 2022

March 14th, 2022

Dear Rondout Families,

Welcome to the 2022 Rondout Track season! We look forward to a great season and competing at a high level. The most important goal of ours is to have fun!

Students who are interested in joining the Rondout Track team should attend as many practices as they can to ensure proper development for the events in which they are training to compete, reduce the chances of injury, and prepare emotionally for competition.

### Important Notes:

- Age: All student athletes in grades 5-8 are eligible to join the team.
- Eligibility: **All** students must be eligible to participate in any activities related to cross country. Teachers meet weekly to discuss student academic and behavior progress.
- Clothing: Weather permitting, we will be going outside for practices. Please make sure you have proper clothing for cold and warm weather conditions.
- Shoes: Athletes should train in shoes made for running. Well fitting, lace-up shoes are a requirement for participation in practices and meets.
- Aches and Pains: Minor aches and pains are normal with any aerobic and anaerobic activities, but everyone needs to learn to listen to their bodies! Rest, good nutrition, and hydration before, during, and after workouts are vital to recovery. Icing and elevation should take care of most minor soreness.
- Snacks: Please plan to bring a healthy snack, along with water on days when meets are scheduled or even practices!

Parents: ***This season will be parent pick up and drop off for all practices and meets. See the track schedule and circle the dates your athlete will be in attendance.*** Please notify the office of any schedule changes where your athlete may miss a practice/meet. If you will be picking up your child from a meet, it is important that you sign out with a coach before leaving a facility. If you cannot attend, but would like your child to travel home with another family, please send a signed note giving permission before the day of the meet.

Thank you,

Mr. Travis Williams

Physical Education

Rondout School

[Travis.williams@rondoutsd72.org](mailto:Travis.williams@rondoutsd72.org)

847-362-2021, ext. 631